The Firefighter Physical Ability Test is one component of the testing process for Professional Firefighter. Firefighting can be physically demanding, which requires a certain degree of physical strength and endurance; this test assesses the physical abilities of firefighter applicants. Because this exam is a demanding test, you are strongly urged to be prepared; this document outlines each component of the exam and suggests how to prepare to pass this element of the examination process.

**SCOPE OF EVENT**
1) charged hose pull
2) forcible entry and ventilation simulation
3) fire extinguishing and rescue

**ATTIRE AND EQUIPMENT**
Contestants are required to wear appropriate attire for participating in the firefighter Physical Ability Test. Students must wear rubber-soled shoes and clothes appropriate for physical activity. Contestants must wear a bunker coat, helmet, gloves, and SCBA equipment for the events 1, 2, 3.

The equipment is provided for you and is required to be worn during. Alternatively, these items can be brought by applicant and worn with approval from testing committee on site.

**EVENT 1 – CHARGED HOSE PULL**
* (Time Limit = 0:23) *
This event simulates the muscular strength necessary to advance a charged hose line. Applicants pull a charged 1¾” hose a distance of 100 feet. The score is the time it takes to pull the hose 100 feet

Specifics: 150’ charged, 1¾” hose, flaked once. Time starts when applicant steps across finish line 100 feet away.

**EVENT 2 – FORCIBLE ENTRY AND VENTILATION**
* (Time Limit = 0:47)
This event simulates the muscular strength necessary for forcible entry and ventilation using a Keiser Sled. The job applicant uses an eight-pound sledgehammer to drive a beam a distance of five feet. Applicants are shown how to position their feet and how to use the sledgehammer. An applicant’s score is the time it takes to move the beam the five-foot distance.

**EVENT 3 – FIRE EXTINGUISHING & RESCUE**
Including: Dry Hose Drag, Four-story Climb/Descent, Hose Hoist, and Victim Rescue
* (Time Limit = 5:40)
This event simulates the muscular strength and endurance necessary to perform tasks needed for extinguishing fires and rescuing victims. The event is divided into four segments performed in succession. The contestant’s time is the time it takes to complete all four components. Time begins when the first step is taken to advance the dry hose and stops when the dummy’s feet cross finish line.
1. **Dry hose drag**
   a. Extend two 100’ links of hose separately
      i. i.e. extend one, return to start line and extend 2nd length of hose

2. **Four-story climb/descent with high-rise hose bundle**
   a. Shoulder the high-rise pack
      i. 100’ of 1¾” hose, brass 2½”-1½” gated wye, nozzle
   b. Climb steps to top of tower
   c. Drop pack at top of stairs
   d. Walk to West side of tower

3. **Hose hoist**
   a. Pull rolled 50’ section of 2½” hose with a hand-over-hand motion (with or without hose roller) up to and over rail to lay down at feet
   b. Walk back to high rise pack, re-shoulder, and descend stairs
   c. Lay pack down in location initially obtained and then walk to grass area next to hydrant

4. **Victim rescue**
   a. Drag 165 lb. dummy 20’ (typically done by placing hands under arms of dummy as shown in photo).

**SCORING**

| EVENT 1: CHARGED HOSE PULL       | 300 POINTS |
| EVENT 2: FORCIBLE ENTRY AND VENTILATION | 300 POINTS |
| EVENT 3: FIRE EXTINGUISHING AND RESCUE | 400 POINTS (100 per task) |
| **TOTAL**| **1000 POINTS** |